

‘On Time’ unit fires live on Oahu for first time in 6 yrs.



An M777 Howitzer discharges live ammo at Area X on Schofield Barracks, Aug. 28. Firing live on Oahu will allow Soldiers with Btry. B, 2nd Bn., 11th FA Regt., 2nd SBCT, 25th ID, to maintain proficiency on the guns through more frequent, local training.

2-11th FA Regt. brings out the big guns

Story and photos by
SGT. ROBERT ENGLAND
2nd Stryker Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from Battery B, 2nd Battalion, 11th Field Artillery Regiment, “On Time,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted an artillery live-fire exercise at Area X, here, Aug. 28.

The live-fire marked the first artillery shoot on Oahu since August 2006, said Ken Torre, a supervisor with the Schofield Barracks Range Control Office.

“The gap in artillery live fire on Oahu was a combination of units being gone for deployment, and the difficulty of conducting productive training with the range restrictions that existed over that time,” said Lt. Col. Dewey Mosley, commander, 2nd Bn., 11th FA Regt., 2nd BCT. “In cooperation with range control, we were able to update and revise range requirements to maximize both safety and training value.”

Torre stressed safety considerations taken into account weeks before the first round was fired.

“There are two mandatory documents required to perform a safe artillery exercise: Surface Danger Zone (or SDZ), which provides the firing limits of the guns being fired, and the unit’s fire data, which provides the data to ensure rounds that are being fired impact inside the SDZ,” Torre said.

Besides adhering to safety standards, “On Time” Soldiers implemented the five requirements for accurate, predicted fire. These requirements are (1) accurate target location, (2) accurate battery location, (3) accurate ammo and weapon information, (4) accurate meteorological information, and (5) accurate computational procedures.

See **LIVE FIRE A-4**

Engineers, DLNR partner on plan to protect West Maui’s coral reefs

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT AND HAWAII DEPARTMENT OF LAND AND NATURAL RESOURCES

News Release

HONOLULU — The U.S. Army Corps of Engineers-Honolulu District, or USACE-HD, and the Hawaii Department of Land and Natural Resources, or DLNR, signed a \$3 million cost-share agreement, Tuesday, to develop a watershed plan to support the west Maui “Ridge to Reef” Initiative.

The initiative is one of the first efforts in the state to implement a comprehensive management strategy to address impacts to coral reefs across multiple watersheds.

The Corps of Engineers will fund 75 percent of the watershed plan; DLNR will fund 25 percent.

West Maui has some of the most severely impacted coral reefs in the state. In West Maui, nearly one-fourth of all living corals have been lost during the last 13 years.

Without dramatic steps to restore favorable conditions, reefs statewide risk rapid degradation.

Causes of coral reef decline are complex and not yet fully understood. However, land-based pollution is known to be a serious threat to coral reef ecosystems. Increased sedimenta-

tion associated with loss of forest land, historical agriculture practices, stream channelization and rapid development has clearly impacted coral reef health.

“The islands and reefs are connected; what we do on land affects the reef,” said William Aila Jr., chairperson, DLNR. “Recognizing this relationship, the State understands that an integrated and comprehensive approach to reduce land-based sources of pollution is one of the most important steps to help restore coral reef ecosystems. Healthy coral reefs are vital to our island lifestyle, economy and a thriving Native Hawaiian culture.”

“Through its support of the West Maui Ridge to Reef Initiative, the Corps is continuing its commitment to improving the stewardship and sustainability of Hawaii’s watersheds and nearshore habitats. The signing of this cost-share agreement represents more than a decade of hard work and tireless efforts made by federal, state, local leaders and the community to preserve and protect the aina (land),” said Lt. Col. Thomas Asbery, commander, USACE-HD.

The West Maui Ridge to Reef Initiative expands on the 2011

See **Initiative A-4**



Curt Roy (right), new equipment training instructor from TACOM in Warren, Mich., instructs Spc. Tyler McBroom, heavy equipment operator, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, on the Caterpillar 120M Motorized Grader during Operator New Equipment Training at the Engineer Training Area on East Range at Schofield Barracks, recently.

130th Eng. Bde. gets new motorized graders

State-of-the-art improvements include all-wheel drive, hydraulic brakes

Story and photos by
1ST LT. GRANT TAULBEE

130th Engineer Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — New motorized graders arrived recently at the 130th Engineer Brigade, “Sappers In,” 8th Theater Sustainment Command, boosting construction capabilities by providing drastically improved performance over the old equipment.

Soldiers and leaders from the “Sappers In” Brigade spent last week getting familiar with all the new aspects of the Caterpillar 120M motorized graders during operator training, or OPNET,

See **Equipment A-4**



Stephanie Bryant | Tripler Army Medical Center Public Affairs

Sgt. Justin Runyan (left) and Sgt. Robert Edwards (right), Med. Co., USAHC-SB, pose for a keepsake photo with Sgt. Maj. Randall Watts (center), senior enlisted leader, USAHC-SB, after earning the title of Best Medic during the 2012 PRMC Competition at Schofield Barracks, Aug. 30.

SB medics named best in Pacific region

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS — Two medics in Medical Company, U.S. Army Health Clinic-Schofield Barracks took first place in the 2012 Pacific Regional Medical Command Best Medic Competition held Aug. 28-30, here.

The competition was fierce as Sgt. Justin Runyan and Sgt. Robert Edwards earned the title with just a one-point lead over Sgt. Fernando Garcia-Diaz and Pfc. Joshua Yi of U.S. Army MEDDAC-Korea, or MEDDAC-K.

This year’s competition featured four two-person teams representing the Pacific from USAHC-SB, Tripler Army Medical Center and MEDDAC-K.

Consisting of more than 15 different events, the 72-hour competition mentally and physically challenged the medics on technical and tactical Soldier and medic skills.

“I think it is good for medics to branch out because it reminds (them) how much they can accomplish,” Runyan said.

See **Best Medic A-5**

IMCOM turns 10 | A-2

Command’s senior leaders send message to IMCOM workforce.

Honoring women | A-3

25th ID celebrates Women’s Equality Day.

Back to school | B-1

JVEF honors CYSS director; family member awarded prestigious Hoe Scholarship



Virtual town hall | B-3

Community expresses its concerns about pets on post, safety, speeding.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army or- ganizations, announcements from the general public about community events of interest to the military community, and let- ters and commentaries.

If you have newsworthy ideas or stories you'd like to write, co- ordinate with the managing edi- tor at 656-3156, or e-mail editor@ hawaiiarmyweekly.com.

The editorial deadline for ar- ticles and announcements is the Friday prior to Friday publica- tions. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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46 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 9/7/12.

IMCOM leaders congratulate workforce

LT. GEN. MICHAEL FERRITER AND
COMMAND SGT. MAJ. EARL RICE

Installation Management Command

The Installation Management Command has the best workforce we have seen in each of our 30-plus years of service.

At every installation, base and depot we visit, we are impressed by the spirit, energy and teamwork exhibited by the IMCOM team.

We are just as inspired by the dedicated professionals in the IMCOM and region headquarters, who oversee operations that stretch around the globe from Japan and Korea, across the continental U.S., to Europe, and even into bases in Afghanistan. Simply said, no one touches our Soldiers, our Army families and our civilian workforce and retirees like we do everyday.

In August, we marked the 10th anniversary of the installation management team — first Installation Management Agency and then IMCOM. That means we have experienced 10 years of evolution in our mission, our workforce and our methods of installation service delivery.

Those who have been with the organization all or most of that time know it has been a constant learning experience in a business with really high stakes — the quality of life of our all-volunteer force. Sustaining such a high quality force relies heavily on us, the installation management professionals, succeeding in our mission.

The installation management team has performed magnificently this year, just as it has in past years. Our ability to deliver services every day ensures our Soldiers and families know we care about them and appreciate their service.

The entire Army is now affected by force and funding reductions. This means IMCOM will also reshape and reduce in size. This past year we accomplished all of our mandated reductions through voluntary actions. We also retrained and reassigned people within our IMCOM team to allow for personal growth and to keep our team together.

Even as we reduced our numbers, we approved for hire almost 2,000 positions across IMCOM. In fact, many of these are vacant, and I invite you to the IM-



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Lt. Gen. Michael Ferriter (left), commander, IMCOM, and Command Sgt. Maj. Earl Rice (right), senior enlisted leader, IMCOM, pose with Lucy Lau, marketing specialist, Hale Koa Hotel in Waikiki, March 20. Ferriter and Rice met with the IMCOM workforce during their tour of IMCOM installations and properities in Hawaii in March.

COM Enterprise Placement Program, or IEPP, to see what is there and if there is a position that interests you.

Our workforce development is second to none. Our IMCOM Academy, developmental assignments, the mentor program, IMCOM career program 29, and schools such as the Civilian Education System and the senior service colleges are providing immediate and positive return on investment in shaping our team for the future.

As we move into the year ahead, my goal is to create even more certainty for you. I want IMCOM leaders at every level to increase communication to build understanding and certainty for our team. We're getting ready for the next 10 years of world-class installation services, so we need to get it right now.

To all of our great civilians, thank you for your dedicated service. Have a super weekend and a great week ahead.

Army Strong!
Support and Defend.

IEPP

IMCOM has developed a database called the IMCOM Enterprise Placement Program, or IEPP, which is a listing of all vacancies across IMCOM that employees are encouraged to review.

IEPP can be accessed through Army Knowledge Online at www.us.army.mil/suite/page/662838.

BACK TO BASICS

Back to basics program can strengthen NCO Corps

SGT. MAJ. DAVID GALATI

18th Medical Command (Deployment Support), Clinical Operations Sergeant Major

There has been a big push to go back to the basics, and it seems to me that this term has been thrown around a lot.

My belief is that going back to the basics means that we, as an Noncommissioned Officer Corps, need to go back to our core competencies.

This brings me to the NCO vision stated in Figure 3-1 in Field Manual 6-22, Army Leadership, which reads as follows:

“An NCO corps, grounded in heritage, values, and tradition that embodies the Warrior Ethos; values perpetual learning; and is capable of leading, training, and motivating Soldiers.

We must always be an NCO Corps that: Leads by example; Trains from experience; Maintains and enforces standards; Takes care of Soldiers and Adapts to changing world.”

The U.S. has been at war for more than 10 years, and our Soldiers have proven themselves in combat repeatedly by completing multiple deployments.

Many Soldiers in our force today came into the service during this period, and they have become proficient with their combats skills. However, other essential skills have been forced to take a backseat due to the priorities of fighting a war.

The skills I am talking about are our garrison skills, such as counseling, writing awards, NCOERs, and drill and ceremonies, just to name a few. This is not to say that we, as an NCO Corps, have failed; it is to say that we as an Army have changed our priorities and have changed from a deployed force to more garrison activities.



Galati

As with all things, there is a change, and, as a professional, you are expected to change along with the organization you belong to or start looking for a new occupation.

The Army has continued to evolve since I joined the service in 1989, and it will continue to change after I leave. After 10 years of war, the NCO Corps has proven itself to be battle tested. However, we as an NCO Corps must be ready to accept another challenge that has been dealt us and change along with it. This means we need to continue to have our Soldiers prepared to be successful in whatever environment they might find themselves, such as the garrison environment.

At the 18th Medical Command, we have started our campaign to regain those forgotten, but not lost, core competencies. Our Soldiers are actively involved in the teaching opportunities presented in our daily operations. As leaders, we have them develop, research and instruct their own classes. These activities allow Soldiers to become subject matter experts on subjects such as history and symbolism of the NCO induction ceremony, how to properly resource and run a range, and how to march a squad and company-size elements.

Marching is an essential skill that Soldiers need to perform well, but a skill that is lacking in many of our mid-grade and junior Soldiers. To reinforce those skills and get back to the basics, we place junior NCOs in charge of leading troops during physical training sessions. These junior NCOs are assigned mentors who provide feedback through an after-action review or on-the-spot correction. This is just one step in a comprehensive program to develop our Soldiers.

We have just begun to scratch the surface of what needs to be done to get our NCO Corps back on track; however, it has to begin by getting our Soldiers to have buy-in what we are trying to accomplish and why.

FOOTSTEPS in FAITH

Historic dates serve as bookends of war

CHAPLAIN (COL.) MICHAEL DUGAL

U.S. Army-Pacific

“Where were you?” is the probing question of Alan Jackson’s country hit, “Where Were You When the World Stopped Turning on That September Day?”

You will probably never forget where you were on Sept. 11, 2001; the mental pictures of the Twin Towers burning and crumbling are etched in our hearts and minds.

Living in Hawaii is a constant reminder of another day when our nation was attacked — Dec. 7, 1941 — the date of the infamous attacks on Pearl Harbor and entry of the U.S. into World War II.

What is the significance of these two dates? They are both “bookends.”

When you visit the USS Missouri, the tour guides may speak of the Missouri and USS Arizona as the two symbolic bookends of World War II. The Arizona represents the beginning of the war, and the Missouri represents the end.

Standing on the deck of the Missouri, you can look over at the Arizona Memorial: One ship is retired, yet afloat; the other is resting on the ocean floor, a tomb for her fallen crew.

The submerged Arizona speaks of tragedy and reminds us of the cost of war. The surviving Missouri speaks of the hope and resolve for a chance for peace in our world.

This generation knows too well the images of the burning twin towers, the flag-draped Pentagon and the furrowed ground in rural Pennsylvania, where Flight 93 crashed. These are the front bookends of the war in Iraq and Afghanistan.

What will be the last bookend?

It is my sincere prayer that almighty God will grant us the strength, courage and determination to find peace as the second bookend of this prolonged war.

Our faith in the living God, who is and who is not silent, can be the fuel that ignites and maintains our journey toward the bookend of peace.

The prophet Isaiah spoke of a day when “the Lord will mediate between nations and will settle international disputes. Every weapon of war will be transformed into a farm instrument. There will be no need to study war ever again” (Isaiah 2:4). This verse is a clear promise of the ultimate and eternal bookend regarding the nations.

Until then, it is our duty to love God with our whole being and love our neighbors as ourselves. It is our duty to faithfully serve as we wear our nation’s cloth and solemnly swear, “This We’ll Defend.”

And it is our duty to pray for peace, allowing our faith to give us the courage to believe peace is possible.

One Team! Pro Deo Et Patria! (For God and Country).



Dugal

Voices of Ohana

September is National Preparedness Month

“Name three things in your emergency preparedness kit.”

Photos by 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command



“Flashlight, first aid kit, canned food.”

Pfc. Brandon Baker

MP, 558th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC



“Weapons, water, iPod.”

Pfc. Joshua Bennett

MP, 558th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC



“Flashlight, radio, first aid kit.”

Cpl. Karmen Flemming

Supply, HHC, 8th MP Bde., 8th TSC



“Cigarettes, lighter, beer.”

Spc. Alan George

Medic, 558th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC



“Weapons and ammo, water, flashlight.”

Sgt. William Vanwyne

MP, 558th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC



Soldiers of Co. C, “Coldsteel” 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, exit a UH-60 Black Hawk and assume security positions as part of an air assault and urban assault mission conducted at the Combined Arms Collective Training Facility at Rodriguez Live Fire Complex in South Korea, Aug. 31. The exercise prepares Soldiers for full-spectrum operations as a Deployment Expeditionary force for overseas contingency operations.

1-27th Inf. Regt. conducts air assault training in S. Korea

Story and photo by
SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs,
25th Infantry Division

RODRIGUEZ LIVE FIRE COMPLEX, South Korea — A UH-60 Black Hawk begins to bank around a mountainside on its approach to a landing zone.

Grass, dirt and debris fill the air as the bird hovers slightly above the deck before touching down.

The green and tan of an Army Combat Uniform emerge from the fuselage in all directions.

As adrenaline-filled Soldiers leap to the ground, they immediately aim their weapons and prepare to protect their assets should the enemy be near.

These are the Soldiers of the “Coldsteel” com-

pany, and they’re ready for a fight. Soldiers of Company C, “Coldsteel,” 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted an air assault and urban assault mission on the Combined Arms Collective Training Facility, here, Aug. 31.

“The platoon air assaulted into the objective via four separate aircrafts and established the objective rally point, as well as conducted their leader’s reconnaissance,” said Capt. Carmen Bucci, commander, Co. C, 1st Bn., 27th Inf. Regt, 2nd SBCT.

The Soldiers then quickly moved over a hilltop to establish an elevated firing position for their automatic weapons teams.

The terrain here in Korea is similar to that of the mountainous areas in Afghanistan, providing

ideal training conditions for future deployments to Afghanistan and contingency missions inside the Pacific region.

“Afghanistan isn’t exactly flat and level terrain,” said Staff Sgt. Matthew Reel, squad leader, 1st Bn., 27th Inf. Regt, 2nd SBCT. “Being able to go straight up a mountain and come back down the other side is a great training experience.”

Once the platoon established its support by fire positions, it continued on to establish isolation, Bucci said.

Establishing isolation on its objective confirms that a unit has effectively set the conditions to achieve their task, he explained.

“To get this experience here is an excellent opportunity for the Soldiers,” Reel said. “This is the type of mission we may be conducting down-range.”



Pvt. Eric Jessee, infantryman, Co. B, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, launches a Raven UAV as part of a training mission conducted at Schofield Barracks, Aug. 21.

‘Ravens’ fly over Schofield

Story and photo by
SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Ten Soldiers from the 2nd Stryker Brigade Combat Team, 25th Infantry Division, attended Unmanned Aerial Vehicle, or UAV, training, here, Aug. 21.

Instructors from the Small Unmanned Aircraft School at Fort Benning, Ga., conducted the training.

The Raven UAV is a small, hand-launched system capable of 90-minute flight times on battery power with a range of more than 10 kilometers. Launching the Raven is similar to throwing a free-flight model airplane into the air.

“The Raven payload includes an infrared camera system to allow night operation as well as front and side day cameras,” said Sgt. Gustavo Nogueira, instructor, Small Unmanned Aircraft School. “There is also a laser illuminator that allows targets to be designated

from the air to allow ground troops to identify and engage targets.”

“This system was employed by the brigade during the last deployment to Iraq,” said Chief Warrant Officer Matt Roman, master Raven trainer, 2nd SBCT. “It provides situational awareness to the commander instantaneously from an aerial perspective.”

The system is portable and can be deployed into a combat situation by a two-man team.

“The system is rucksack portable and can be launched within 15 minutes from the ground or a moving tacticle vehicle,” Nogueira said. “A two-man team is capable of launching and conducting Raven missions from anywhere on the battlefield.”

Information can be gathered and relayed instantly to a ground commander.

“This system provides the commander with a bird’s eye view of the battleground and can be used for reconnaissance, surveillance and

target acquisition among other capabilities,” Nogueira said.

The training provided Soldiers with a realistic view of the system’s capabilities on the battlefield.

“We can throw one of these up and get eyes on target,” said Sgt. Zachery Kumler, and cavalry scout with the 2nd Squadron, 14th Cavalry Regiment, 2nd SBCT. “It provides us with valuable intel, such as the GPS coordinates of a target.”

“This training will help Soldiers understand the capabilities of the system and enable them to coordinate targets and perform reconnaissance for the command,” Roman said.

Training such as this is another way the 2nd SBCT is preparing Soldiers to conduct contingency missions in the Pacific region to ensure security.

DEPLOYED FORCES

25th CAB wrangles logistics in Unit Movement Officer rodeo

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Soldiers from Task Force Wings competed in the 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division Unit Movement Officer Rodeo, here, recently, to build skills necessary for a successful redeployment.

More than 87 Soldiers, divided into groups, represented different units in Task Force Wings.

The rodeo gave the Soldiers the opportunity to ask questions of the same experts they will coordinate with during redeployment while also performing hands-on training.

“Our intent for this was to train the representatives on the procedures and logistics, so we can fix whatever issue we might have before we begin to redeploy,” said Staff Sgt. Julius Thomas, mobility noncommissioned officer in charge, 25th CAB, 25th ID. “The Soldiers were motivated to do this training

and were willing to learn.”

During the training event, movement experts from across Kandahar trained Soldiers in tasks, including the automated air load planning system, customs joint inspections and container inspections for sea worthiness.

Soldiers also learned how to properly label hazardous material for shipment and to weigh and mark vehicles.

Scenarios included weighing a humvee with a trailer and locating and completing all documents, labels and certificates for all equipment.

Soldiers also trained on the Transportation Coordinators-Automated Information for Movement System II, or TC-AIMS II, which the Army uses to manage equipment and personnel deploying in and out of theater.

“The training is very important,” Thomas said. “Other brigades are moving at the same time we are trying to redeploy.

It is important to have this training that will allow for a smoother transition back home,” Thomas added.



Soldiers from the 25th CAB, 25th ID, measure a trailer to find its center of balance during the 209th ASB, 25th CAB, 25th ID, Unit Movement Officer Rodeo Competition pre-redeployment training, at Kandahar Airfield, Afghanistan, recently.

Live fire: Artillerymen focus on requirements for accurate, predicted fire

CONTINUED FROM A-1

Mosley said that these five requirements helped to ensure that all rounds fired hit their target.

“Safety is absolutely paramount, and whether we are training in garrison or in combat, for artillery we always employ what we call the five requirements for accurate, predicted fire,” Mosley said. “We check every element of the chain that’s involved in fire support — all the way from the observers on the hill, through our fire direction centers and on to our guns — to ensure that the rounds are going to the right location.”

Staff Sgt. Travis Nickel, fire control NCO, Btry. B, 2nd Bn., 11th FA Regt., 2nd SBCT, said that the SDZ provided a very limited impact area, which added an intrinsic benefit for the artillerymen.

“The safety box is small,” Nickel said. “That contributes to accuracy in combat because it gives us a small window for error. As far as artillery in combat, sometimes we get a troops-in-contact mission where it’s key to be accurate. If not, you can endanger the friendly forces when we’re there to support them.”

Nickel said that the live-fire exercise on Oahu was a nice change from having to deploy to the Pohakuloa Training Area on the Big Island or the National Training Center at Fort Irwin, Calif.

“We do digital sustainment training, we do crew drills and certifications, but when you actually do a live-fire is when it comes together,” Nickel said. “It builds the unity, gets your platoon knowing the firing capabilities and shows everyone else what we can do.”

“Being able to fire here on Oahu rather than ship the entire unit to PTA is a huge savings in terms of cost, and then also we need to remember the operation tempo for these Soldiers,” Mosley said. “With multiple deployments and a great deal of training, this allows them to come out here on Oahu and fire the Howitzers, but still have quality time with their families.

“As far as what it does for the artillery and fire support community, we also need to remember that, in addition to us, we also have the National Guard field artillery battalion, and there are several U.S. Marine Corps elements that are here, as well. By opening this door up, they are able to come fire live here, as well.”



Staff Sgt. Jordan Eiesland (right), cannon crewmember, Btry. B, 2nd Bn., 11th FA Regt., 2nd SBCT, 25th ID, discusses his duties with Maj. Gen. Kurt Fuller (center), commander, 25th ID, during an artillery live-fire exercise at Area X, Schofield Barracks, Aug. 28. The battery followed specific guidelines ensuring the safety of both the Soldiers and the surrounding communities.



Lt. Col. Thomas Asbery (left), commander, USACE, and William Aila Jr., chairperson, DLNR, shake hands after signing a cost-sharing agreement to kick off the West Maui "Ridge to Reef" initiative in Honolulu, Sept. 4.

Initiative: Plan reduces land-based pollution

CONTINUED FROM A-1

U.S. Coral Reef Task Force designated priority partnership for the Kaanapali to Kahakili area. The proposed 24,000-acre West Maui Watershed study area extends from Kaanapali northward to Honolua and from the summit of Puu Kukui to the outer reef. The proposed study area includes the watersheds of Wahikuli, Honokowai, Kahana, Honokahua and Honolua.

The West Maui Ridge to Reef Initiative will engage various federal and state agencies and organizations in the implementation of a strategy to reduce the threats of land-based pollution to coral reefs in West Maui. As an initial step, a number of federal agencies and organizations are funding technical studies and public education efforts to support

the Corps- and DLNR-funded watershed plan. DLNR and other agencies will implement priority “on-the-ground” actions as they are identified, while the Corps- and DLNR-funded watershed plan is developing the comprehensive strategy.

West Maui ‘Ridge to Reef’ Initiative

Address questions and comments about the West Maui Ridge to Reef Initiative to these points of contact:

- Cindy Barger, USACE, 835-4029, or cindy.s.barger@usace.army.mil; or
- Risa Minato, DLNR, 388-8211, or charissa@hawaii.edu. Visit www.hawaiicoralreefstrategy.com.

Equipment: Control’s easier

CONTINUED FROM A-1

and field level maintenance new equipment training, or FLMNET.

“You’ve got 30 years difference in technology,” said John Galvan, Caterpillar FLMNET instructor, as he explained the differences between the old Caterpillar 130G graders and the new 120M motorized graders.

The new graders feature all-wheel drive, an improved steering compensation system, hydraulic brakes and new engine technology. All-wheel drive improves mobility over rigorous terrain, while the steering compensation system allows for a much tighter turning radius.

Hydraulic brakes offer more reliable stopping power, and the new engine technology releases far fewer harmful emissions into the environment.

Another major advantage the 120M offers is the electro-hydraulic joystick controls.

“It’s completely fly-by-wire,” Galvan said. “A lot of new drivers can pick it up quicker.”

The operators agreed.

“It’s a lot easier (to control) than the 130s,” said Spc. Michael Pechtold, heavy equipment operator, 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Bde. “The controls are not as jerky; (they are) nice and smooth.”

Not only do these controls make it far easier to learn than the 130G, the 120M provides significantly lower sound and vibration inside the cab, which reduces the fatigue factor, allowing operators to comfortably stay on the equipment longer before tiring.

The military version of this equipment has several additional benefits over the commercial version, such as an armored crew protection kit that can be installed.

“This machine is maintenance friendly, too,” said Spc. Michael Shamblin, construction equipment repairer, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “It comes with everything you need to (diagnose) any problems,” he added, referring to the extensive diagnostic equipment fielded with the graders.

8th MP female graduates from sheriff’s academy

Staff sergeant overcomes fear from high-speed crash

Story and photo by
SGT. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

WAIPIO — A new chapter opened between the 8th Military Police Brigade and Hawaii’s Sheriff Division as a military policeman from the 728th MP Battalion, 8th MP Bde. graduated with 17 new sheriff’s deputies from the Sheriff’s Recruit Academy at the Okinawa Center, here, Aug. 24.

Staff Sgt. Stefani Rowland, 558th MP Company, 728th MP Bn., 8th MP Bde., 8th Theater Sustainment Command, became part of a story that began 21 years ago when current State Sheriff Shawn Tsuha graduated from the academy with an Airmen and a Marine, forming a civilian-military bond.

The six-month academy tested, pushed and battered recruits as instructors taught everything from first aid, constitutional law and forensics to evasive driving, hand-to-hand tactics and tactical police procedures. These are skills that are necessary for the nimble 300-man force designed to protect Hawaii’s infrastructure and economy.

To Rowland, who has spent much of her military career fighting wars rather than policing local military communities, the six months of pure

law enforcement training nearly overwhelmed her.

It nearly overwhelmed everyone.

“(The Academy) said that each and everyone of us will go through a time when you are going to want to quit because something emotional or something physical will affect you,” Rowland said.

Some couldn’t run, and some had to overcome the fear of getting shot with simulation rounds, but the class’ motto, “Kuikahi,” Hawaiian for “united,” made sure no one had to fight his or her battles alone.

Rowland’s battle came with only two weeks left.

A survivor of a high-speed crash in 1998, doctors gave Rowland 24 hours to live. But months of therapy taught her how to walk, how to speak and how to live again. When she put her hands behind the steering wheel during the high-speed driver’s course, her past near-death experience raced through her mind.

“I couldn’t do this,” Rowland said, explaining how she began lashing out at her fellow recruits and at her instructors.

Her fears and her past began to jeopardize her graduation.

“I was so mean; I was so scared. Finally, I sat my (fellow recruits) down and told them, ‘I’m scared.’

“I told them the story of my crash, a story I



Hawaii’s Sheriff Division recognizes Staff Sgt. Stefani Rowland (left), 558th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, during her graduation ceremony at the Sheriff’s Recruit Academy at the Hawaii Okinawa Center in Wapio, Aug. 24.

never tell anyone,” she continued, “but I had to, because all we had was each other to get through this.”

She got through it.

They got through it.

And as families pinned star-shaped badges onto the 17 new sheriffs’ deputies’ chests during graduation, Rowland watched and smiled from her table.

“We did it together,” Rowland said. “Kuikahi!”



Photo courtesy of Tripler Army Medical Center
Public Affairs Office

Best Medic: Competition tests mental, physical fitness

CONTINUED FROM A-1

“I like the team (aspect) because you can push each other and motivate each other through the whole (competition).

“(Competitions like Best Medic) give you the ability to challenge and set yourself apart from your peers,” Edwards added.

This competition is one more avenue to prepare medics for deployment. Coordinators purposely make the competition overly challenging because coordinators want Soldiers to be prepared for the next step in their careers.

“I think the most challenging (events) for the

Left — Sgt. Robert Edwards (left) and Sgt. Justin Runyan (right), USAHC-SB, move ammunition cases during the 2012 PRMC Best Medic Competition at Schofield Barracks, Aug. 30.

competitors are the day and night medic courses,” said Sgt. 1st Class Royregus Cosby, noncommissioned officer in charge, Logistics Division, TAMC, who also served as the NCOIC for the competition.

“They have to be physically and mentally tough to complete the tasks, especially during the night lanes when they are operating under the cover of darkness,” Cosby said. “It can be very disorienting when you can’t see what is coming.”

Besides testing their medical knowledge during tactical situations, the competition requires the medics to take a written test in which they have 15 minutes to answer 100 questions.

“Medics need a lot of fortitude (to be Best Medic),” Cosby said. “They need to have an ‘I can win and I will never quit’ attitude. They need to be tough.”

“It was a relief to find out that all the hard work over the three days was well worth it,” Runyan

added.

Both medics look forward to their opportunity to represent PRMC and compete in the MED-COM Best Medic Competition in San Antonio, which will be held in October.

“I am incredibly proud of our team and all the medics who competed,” said Col. Mary Krueger, commander, USAHC-SB. “They worked so hard and they showed physical endurance and expertise, as well as an unwavering commitment to being Army medics. I am confident they will do a great job representing PRMC.”

PRMC Best Medic Competition

View more photos on Flickr at www.flickr.com/TriplerAMC.



Sgt. Hillary Rustine | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

A panel of female Soldiers takes a question from Col. Brian Eifler, commander, 3rd BCT, “Bronco Brigade,” 25th ID, during a Women's Equality Day observance at the Nehelani at Schofield Barracks, Aug. 28.

3rd BCT hosts Women’s Equality Day

Event celebrates women of ‘Tropic Lightning’ Division

STAFF SGT. CASHMERE JEFFERSON
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — Women’s Equality Day, Aug. 26, commemorated the anniversary of the passage of the U.S. Constitution’s 19th Amendment, which guarantees all women the right to vote.

Soldiers of the 25th Infantry Division held an event to observe the commemoration and to recognize contributions that women have made in the military and to the 25th ID, here, Aug. 28.

More than 100 Soldiers attended the event that focused on “Celebrating Women’s Right to Vote.”

During the observance, Col. Brian Eifler, commander, 3rd Brigade Combat Team, “Bronco Brigade,” 25th ID, recognized the equal standing of women serving their country and their continued effort toward equality in the military, specifically in the 25th ID.

Eifler noted that he has seen the roles of women in the Army increase dramatically throughout his career, from their increased roles in Iraq and Afghanistan, to their recent integration into direct combat formations, such as the 25th ID.

Eifler commands one of the first brigades in the

Army to take part in the female integration program, enabling female Soldiers to serve in military occupational specialties, or MOSs, traditionally held by men.

“Cultural Support Teams and Female Engagement Teams have filled the gaps in capabilities and have made tremendous impacts to combat operations,” Eifler said, emphasizing that missions of those teams cannot be done without women in the Army.

“...I tell females all the time, ‘All you have to do is be faster than their slowest guy, and you’ll be just fine.’ ”

— **1st Lt. Brandy Gainsley**
Medical platoon leader,
2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID

Victoria Olson, guest speaker, has been an advocate for Soldiers’ issues during the last 40 years. Her husband is retired Maj. Gen. Eric Olson, a former commander of the 25th ID.

Olson, the first female referee for men’s basketball in Colorado in 1973, told stories of barrier-breaking women of the past and reminded everyone of the battles for equality that women continue to fight for in America today.

The event also featured a panel of six female Bronco Brigade Soldiers who answered questions from the audience relating to their past and current experiences while serving in the Army and in the 25th ID.

One panel member, 1st Lt. Brandy Gainsley, medical platoon leader, 2nd Battalion, 35th Infantry Regiment, 3rd BCT, was asked about serving in an infantry unit.

“I knew coming here that it wasn’t going to be easy, and I didn’t want it to be,” she said. “My commander said he didn’t care that I was a female. I appreciated that because I knew that I was part of a team and that was it.

“As far as challenges,” Gainsley continued, “I tell females all the time, ‘All you have to do is be faster than their slowest guy, and you’ll be just fine.’ ”

“I thought the event was great,” said Spc. James Komarmi, field artillery tactical data systems specialist, 3rd Bn., 7th Field Artillery Regt., 3rd BCT. “It touched on a lot of subjects that I didn’t know about. I got the chance to see a female Soldier’s point of view on the importance of working together and learned that it’s not about gender; (it’s) just (about) accomplishing the mission.”

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today
Medal of Honor Winners — Tickets can be purchased now for the 2012 Medal of Honor Convention, Oct. 6, featuring more than 50 Medal of Honor recipients who will be available for a book signing open to the public. Tickets for the event are \$20 and can be purchased at www.MedalofHonorConvention2012.com. Recipients will meet and greet the public during two signing sessions: 9-11 a.m. and 11 a.m.-1 p.m. at the Hale Koa Hotel in Waikiki. Only 500 tickets for each session will be sold. Tickets will not be sold at the door.

13 / Thursday
Scheduled Water Outage — The Directorate of Public Works will be connecting temporary water lines, 7 a.m.-5:30 p.m., outside the main command center construction site at Fort Shafter. The following areas will be affected: Bldgs. 503A, 503B, 502 and 517. Call 835-4208 or email Randall.c.chun@usace.army.mil.

15 / Saturday
WAAF Power Shutdown — A scheduled power shutdown, 7 a.m.-5 p.m., Sept. 15, will affect all of Wheeler Army Airfield. The Hawaiian Electric Company will be inspecting and performing routine maintenance of its substation transformer. Call 656-3065.

Ongoing
Temporary Schofield VCC — Due to construction on Lyman Gate, the Schofield Barracks Visitor Control Center, or VCC, has relocated to Kawamura Gate, Wheeler Army Airfield. Visitors and contractors who require an installation pass to SB must use the temporary VCC. Drivers should allow for extra time in their commute. For current traffic advisories, visit www.garrison.hawaii.army.mil/des/default.htm.

EDUCATION PRIORITY



Na Kamali'i O 'Iliahi, from Iliahi Elementary School, opens the 11th annual JVEF with song.

JVEF celebrates Hawaii's military, public school partnership

Story and photos by
SARAH PACHECO
Photojournalist

JOINT BASE PEARL HARBOR-HICKAM — Senior military leaders joined Hawaii educators, lawmakers, community members and volunteers for the 11th annual Joint Venture Education Forum, or JVEF, at the Ford Island Conference Center, here, Aug. 30.



Gov. Neil Abercrombie speaks of the strong partnership between Hawaii's military and public schools at the 11th annual JVEF at the Ford Island Conference Center, Aug. 30.

Formed in 1998, the JVEF is an active partnership between the U.S. Pacific Command and Hawaii Department of Education that promotes interaction between Hawaii's military community and public schools in the pursuit of quality education for children. "Education is the great equalizer," wrote U.S. Sen. Daniel Inouye in the JVEF 2012 Executive Summary. "It provides a foundation for students to excel, to achieve their dreams and to become contributing members of their communities."

In 2000, Inouye, with support from Navy Adm. Dennis Blair, commander in chief, PACOM, and Paul LeMahieu, former state superintendent of

education, championed an annual appropriation via the Department of Defense for repair and maintenance projects in public schools.

For more than a decade, PACOM served as steward of these funds — in total \$58 million since 2000 — that provided Hawaii public schools new playgrounds, textbooks, technology, support for transition and citizenship programs, and curricular support in math, science, language arts, fine arts and robotics programs.

However, JVEF experienced a large cut to this funding when Congress banned earmarks in 2010.

"At this time last year we learned our funding had been cut, and we were left with uncertainty," said JVEF executive co-chair Col. Christopher "Scott" Wilson, director, Manpower and Personnel, PACOM.

To continue serving Hawaii's public school system — the 11th largest school district in the nation — the JVEF board sanctioned and convened an ad hoc committee to develop a process to reallocate the remaining funds.

Fifty-nine grants were submitted for a total of more than \$3.6 million; in April 2012, the JVEF board approved 19 grants worth more than \$800,000 to support Hawaii public schools and military-school partnerships.

"It's a little more of a challenge with less money, but we'll make it work, and you'll have our support to make it happen," said Gen. Herbert "Hawk" Carlisle, commander, U.S. Pacific Air Forces.

The JVEF board also updated its bylaws earlier this year, subsequently reorganizing its strategy groups from five to three, better aligning with the HDOE 2018 strategic plan.

"The JVEF board of directors and general membership volunteers ... work tirelessly to receive JVEF's resources and programs, ensuring they are far-reaching and providing the best opportunities for all students," said Katherine Matayoshi, superintendent, HDOE, and JVEF executive co-chair.

"You will note that this is (a) forum," Matayoshi added. "It's not a task force; it's not a work group. This is a place where all individuals come together to share our concerns and share our commitment to every student in our classrooms, and share a sense of partnership and shared responsibility for these children."

Indeed, the focus of this year's JVEF centered on the theme "Partnerships Shine — Ka Pilina 'Olinolino," which celebrated the 147 active military-school partnerships held within 136 schools statewide.

"We are very, very concerned that every military child and every military parent understands that they are part of our ohana, part of our family. That's what the aloha spirit is all

about," said keynote speaker Hawaii Gov. Neil Abercrombie in his remarks to the packed conference hall.

The annual meeting concluded by recognizing volunteer ambassadors from the Army, Marines, Navy, Air Force, Coast Guard and Hawaii National Guard for their contributions to Hawaii's students, schools and local communities — be it through physical fitness initiatives, read-aloud days, campus beautification projects or taking students on a high-flying adventure in an F-22.

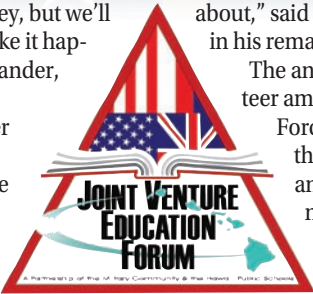
Schofield Barracks' Hale Kula Elementary School received the JVEF Norbert Award for outstanding attention to the needs of transitioning families and students.

Tamsin Keone, director, School Support Services; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, was named the JVEF Outstanding Military Contributor for 2012.

School Information

Call the USAG-HI school liaison office at 655-8326 or visit the the Military Families and Students, website for information on registration requirements, after-school programs, home school, and other school-related matters.

- <https://military-family.k12.hi.us>
- www.himilitary.com



Senior leaders from all services of the U.S. Armed Forces, including Col. Scott Wilson (right), U.S. Pacific Command and executive co-chair, Joint Venture Education Forum, listen attentively as Gov. Neil Abercrombie speaks of the strong partnership between Hawaii's military and public schools at the 11th annual JVEF at the Ford Island Conference Center, Aug. 30.



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Army JROTC Cadet Juvie Ignacio Varela, sixth recipient of the Lt. Nainoa Hoe Scholarship of Honor, displays the scholarship's accompanying medal during a ceremony, here, Aug. 31.

High School's Naval Junior Reserve Officer Training Corps program.

Awarded annually to a Hawaii high school senior who is enrolled in a JROTC program, and who will then enter Army ROTC at the University of Hawaii, the scholarship is named in honor of 1st Lt. Nainoa Hoe, a 1995 Kamehameha Schools graduate from Kailua.

Hoe attended UH-Manoa, earning a Master of Business Administration degree and receiving his commission as an Army infantry officer through the university's Army ROTC

2012 Hoe scholarship winner named

DENNIS DRAKE

Director, U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS —

With a serious look of responsibility in her eyes and a poise and demeanor beyond her years, Kalaheo High School senior Juvie Ignacio Varela became the sixth recipient of the annual 1st Lt. Nainoa Hoe Scholarship of Honor, here, Aug. 31.

Varela earned this year's scholarship for outstanding academic and athletic achievements, community involvement and superior leadership performance as a member of Kalaheo

program in 2003.

An Army Ranger and infantry platoon leader, Hoe was killed on Jan. 22, 2005, in Mosul, Iraq, while leading a foot patrol urging Iraqi citizens to vote in Iraq's first national elections. He served in the 1st Stryker Brigade Combat Team of the 25th Infantry Division, based at Fort Lewis, Wash.

The \$1,000 scholarship and a special silver medallion endowed by Waimanalo businessman Ohelo Kaopio is awarded through the Wisconsin-based Brian LaViolette Scholarship Foundation. Since 1992 the Foundation has awarded hundreds of scholarships, in honor of fallen war heroes, to students across the U.S. and around the world committed to military or public service.

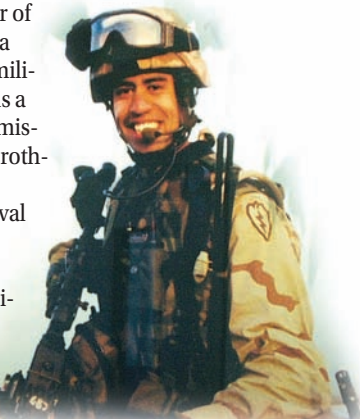
"I sincerely extend my most humble appreciation to the Brian LaViolette Scholarship Foundation, as I am honored to represent Nainoa Hoe's legacy this year," Varela said. "This token of recognition not only reassures me of my goals and future successes, but others like yourselves who believe my efforts are not in vain. I shall not fail."

Varela is the daughter of Julie and Victor Varela, a family with a legacy of military service. Her father is a career Marine noncommissioned officer and her brother is an Army officer.

In addition to her Naval JROTC responsibilities, Varela is a member of the National Honor Society and participated in track and field, swim-

See Scholar B-4

1st Lt. Nainoa Hoe, a Kamehameha Schools and UH-Manoa MBA graduate, killed in Iraq in 2005, is namesake for the annual Hoe scholarship.



Federal survey worth millions for schools

TAMSIN KEONE

School Liaison Office; Child, Youth and School Services; Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Wednesday, Sept. 5, was an important day for Hawaii public school funding.

That day students received a federal survey card for parents to complete and return to schools as soon as possible.

The importance of these survey cards translates into funding support. Future federal impact aid will be based on the number of survey cards that are completed and submitted.

The survey cards determine the number of federally connected students in the public school system. Federally connected students are those children whose parent(s) or legal guardian(s) resides and/or works on federal property.

Federal education reimbursement guidelines recognize funding eligibility based on a child's parent(s)' qualifications:

- both live and work on federal property;
- are members of the uniformed services and reside on a military base, including children of foreign military officers;
- are members of the uniformed services, but who reside off the military base, including children of foreign military officers;
- are civilian employees of the federal government or who work on federal property;
- reside on federal property, but who work on taxable land;
- live on Indian trust or treaty land; or
- reside in federal low-rent housing, not including Section 8 housing.

Once the survey cards are completed and returned, the survey data is gathered and then forwarded to the Federal Department of Education, which in turn, determines funding support to the Hawaii DOE in the form of impact aid for educating fed-

See Survey B-4



Briefs

Today

Operation Rising Star — Applications are due Sept. 12 for Operation Rising Star. Save these dates:

- Closed auditions, 5 p.m., Sept. 13, Tropics Warrior Zone;
- Semifinals, 5 p.m., Sept. 20, Nehelani; and
- Finals, 5 p.m., Sept. 27, Nehelani.

Visit himwr.com or the Tropics Warrior Zone to submit an application.

Cash prizes are available and family readiness groups can also win. Call 655-5698.

Learn to Swim Sessions — FMWR Hawaii Army pools are providing their last classes for this year, as follows:

- TAMC Pool Session 7, registration ends Sept. 8, class dates are Sept. 10-21;
- Helemano Pool Session 4, registration ends Sept. 11, class dates are Sept. 12-22; and
- Aliamanu Pool Session 4, registration ends Sept. 8, class dates are Sept. 10-22.

Register at the intended class location. Children must be registered with CYSS.

Visit himwr.com for more details.

7 / Friday

Tailgate Party — Right Arm Night is celebrating the return of football season with a 4 p.m. tailgate party, Sept. 7, at the FS Hale Ikena. Enjoy an all-you-can-eat food buffet. Spouses and civilians are welcome to attend this adult event. Tickets are \$5 in advance or \$8 at the door. Call 438-1974.

Tropics Metal Rock Night — Enjoy no cover, beginning at 8 p.m., for Jesus Wears Armani, Reverie, Lions Keep, The Day Prevails, Augastine and Nesta. The Tropics is an 18 and older facility. Call 655-5698.

9 / Sunday

NFL Sunday Ticket Kickoff — Come to the Tropics on Sundays and catch all the games. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

Sunday at the Clubs — Enjoy Sunday breakfast at Kolekole Bar and Grill, SB, from 9 a.m.-1 p.m., or Sunday brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. Call 655-4466, SB, or 438-1974, FS.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

8 / Saturday

Tunnel to Towers — Runners will cross the Ford Island Bridge during this Pearl Harbor 5K race, 7 a.m., Sept. 8. Register at www.tunnelto Towersrun.org. Call 294-6321.

YMCA Fall Open House — All eight YMCAs on Oahu, from 9 a.m.-1 p.m., feature a day of free fitness classes, demos, family activities, prize giveaways and more. Open house is free to members and nonmembers.

11 / Tuesday

9/11 Remembrance — This annual event, from 12:15-1 p.m. at Tamarind Park, Bishop Square, downtown Honolulu, is open to the public and serves as a remembrance to the first responders of the 9/11 attacks, while also saluting Hawaii’s first responders, including the Hon-

WINGING WINDWARD



Photo courtesy of Lance Cpl. Reece Lodder

MARINE CORPS BASE HAWAII — The U.S. Navy’s Flight Demonstration Squadron, the Blue Angels, fly past Pyramid Rock Beach during a performance during the Kaneohe Bay Air Show, here, Sept. 25, 2010. The air show returns to K-Bay Sept. 29-30, with premium seating tickets available now at 690-0208/0205; cacuraksp@usmc-mccs.org; teruyakm@usmc-mccs.org; www.kaneohebayairshow.com; and all military ticket outlets.

11 / Tuesday
BOSS Blood Drive — All types save lives! Support the BOSS Blood Drive, 10 a.m.-2 p.m., longer if needed, SB Tropics. Call 655-1130.

Basketball Court Closure — The Martinez PFC will be closed Sept. 11-16 to recoat the court. The gym will open 11 a.m., Sept. 17. Call 655-4804.

12 / Wednesday
Relocation of Garrison Sports Office — The USAG-HI Sports, Fitness and Aquatics Branch Office will be moving from the Kaala Community Center to the first floor, Bldg. 690, next to the Equal Employment Opportunity Office, Sept. 12. Coordinators for the Garrison Intramural Sports Program and the Aquatics director will also be relocating to Bldg. 690. New offices open Sept. 12.

15 / Saturday
Adventure Surf Lessons — Don’t leave the island without learning Hawaii’s quintessential sport of surfing, with Outdoor Recreation, from 9 a.m.-1 p.m. ODR provides everything but the sunscreen and snacks for \$54. Slots fill quickly; maximum 12 per class. Call 655-0143.

20 / Thursday
Third Thursdays — Different tastings are scheduled every third Thursday of the month at the Nehelani, SB. Doors open at 6 p.m., Sept. 20, for Oktoberfest. Cost is \$18 per person, which includes dinner. Event

is for ages 21 and older. Reservations are suggested. Call 655-4466.

28 / Friday
Hawaiian Luau Lunch Buffet — Enjoy a Hawaiian luau lunch buffet every last Friday of the month at FS Mulligan’s Bar and Grill or SB Kolekole Bar and Grill. Call 438-1974, FS, or 655-0660, SB.

October 5 / Friday
Kolekole Rocktoberfest — A taste of Germany with a thirst for Rock and Roll highlights the annual Rocktoberfest at SB Kolekole Bar and Grill, Oct. 5. Enjoy delicious food, great drinks and entertainment with no cover charge. Call 655-4466 for this adult event.

Ongoing
Zumba — The FS PFC offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

Friday Night Entertainment Series — Catch new acts every Friday at the SB Kolekole Bar and Grill. Enjoy pau hana specials before the show. Call 655-4466.

WAAF Friday Night Bowling — Enjoy the \$5 special for Cosmic Bowling; get three games and one shoe rental, 5-10 p.m. Call 656-1745.

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays, at Kolekole Bar and Grill, SB, and Thursdays at Mulligan’s Bar and Grill, FS. Cost is 65 cents per ounce. Call Kolekole at 655-4466 or Mulligan’s at 438-1974.

Wednesday Bowling Special — Bowl 7 a.m.-4 p.m., Wednesdays, \$1 per game, FS Bowling Center. Cost is \$1 per game; shoe rental is not included. Offer is subject to availability and doesn’t apply to group or party reservations. Call 438-6733.

Teen Wednesdays — Teens can cosmic bowl for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m., Wednesdays. Get free shoes with a two-game minimum. Call 656-1745.

Keiki Night — Every Wednesday night, kids under the age of 10 eat from the keiki menu for only \$2.99, 5-8 p.m., at the SB Kolekole Bar and Grill and FS Mulligan’s Bar and Grill. Call 655-0660, SB, or 438-6712, FS.

New Outdoor Rec. — Outdoor Recreation has moved to a new facility at 435 Ulrich Way, Bldg. 2110 (right behind the SB ACS building). ODR will be open 8:30 a.m.-5:30 p.m., Tuesdays-Saturdays. Call 655-0143.

The “A” Game — Keiki 18 years of age and under can bowl one free game for every two As they receive on their report card. Offer valid 30 days from report card issuance. Call 438-6733, FS, or 655-0573, SB.

olulu Police and Fire departments, and Emergency Medical Services.

13 / Thursday
Fort Shafter Scheduled Water Outage — The Directorate of Public Works will be connecting temporary water lines, 7 a.m.-5:30 p.m., outside the main command center construction site. The following areas will be affected: Bldgs. 503A, 503B, 502 and 517. Call 835-4208 or email Randall.c.chun@usace.army.mil.

15 / Saturday
Aloha Festivals — Live entertainment begins at 6 p.m. at Royal Hawaiian Center’s Hoolaulea stage on Kalakaua Avenue featuring the Royal Hawaiian Band and Willie K, beginning at 6 p.m. Royal Hawaiian Center is offering a validated parking promotion. Admission to all events is free for the festival, which runs through Sept. 22 around the island of Oahu. Visit www.AlohaFestivals.com.

WAAF Power Shutdown — A scheduled power shutdown from 7 a.m.-5 p.m., Sept. 15, will affect all of Wheeler Army Airfield. This shut-

down will allow the Hawaiian Electric Company time to perform inspection and routine maintenance of its substation transformer that feeds WAAF. Call 656-3065.

Waialua Library Anniversary — The Waialua Public Library, on the North Shore, celebrates it’s 85th anniversary with entertainment and children’s activities, beginning at 9 a.m., Sept. 15, at Waialua Bandstand across from the library.

Clean Up Kaena — Army units and civilian volunteers are needed to collect and record trash at Kaena Point State Park Reserve and Army Beach, 8-11:30 a.m., Sept. 15, as part of the 27th Annual International Coastal Cleanup. Join this one-day effort to help provide a unique global picture of the long-term trash trends and inspire changes to protect the ocean and wildlife. Volunteers must R.S.V.P. at 656-3158/3160 or email amy.bugala@us.army.mil by Sept. 10.

22 / Saturday
Keiki Bodyboard Contest — Bellows Air Force Station will hold a

keiki bodyboard contest for four age groups, between ages 7-17, starting at 10 a.m. Entry fees are \$15, if postmarked by Sept. 9, and \$20 after Sept. 10. To register, call 259-4136/4137 or visit www.bellowsaifs.com.

29 / Saturday
Blue Angels — The Kaneohe Bay Air Show, Sept. 29-30, will feature the U.S. Navy’s Blue Angels. Visit www.kaneohebayairshow.com.

Leilehua Fundraiser — The 4th annual Leilehua High School Boosters Craft Fair includes craft and food booths and entertainment, 9 a.m.-2 p.m., at Leilehua H.S., 1515 California Ave., Wahiawa. Call 224-4080.

Ongoing

Children’s Waiting Room — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged. Donations are encouraged. SB weekday hours are 8 a.m.-noon and 1-4 p.m; TAMC hours are 8 a.m.-3 p.m. Call 433-8410, SB, or 833-1185, TAMC.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
- 9 a.m. at FD, MPC and TAMC chapels
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian
- 10 a.m. at HMR
- 10:30 a.m. at AMR

Single Soldiers’ Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



Diary of a Wimpy Kid: Dog Days
(PG)
Fri., Sept. 7, 4 p.m.
Sun., Sept. 9, 2 p.m.

Total Recall
(PG-13)
Fri., Sept. 7, 7 p.m.
Sat., Sept. 8, 7 p.m.
Thurs., Sept. 13, 7 p.m.

Madagascar 3: Europe’s Most Wanted
(PG)
*Sat., Sept. 8, 4 p.m.
*Family Matinee Day:
All admissions \$2.50 for 4 p.m., Saturday show.

The Dark Knight Rises
(PG-13)
Wed., Sept 12, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks	

Safety issues highlight garrison Facebook Town Hall

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The new garrison commander received a snapshot of what Soldiers, families and civilians believe are the most pressing issues and concerns within U.S. Army Garrison-Hawaii’s programs and services, Aug. 29.

Col. Daniel Whitney, commander, USAG-HI, hosted the fifth iteration of garrison’s quarterly Facebook Town Hall, here.

“The Facebook Town Hall was an educational experience that helped me better understand the current issues facing Soldiers, families and civilians on post,” said Whitney. “Not all the concerns raised can be addressed quickly or fixed locally, but garrison leaders are discussing the topics and issues that were raised and researching potential changes.”

The commander, deputy commander and command sergeant major joined with subject matter experts from the Directorate of Emergency Services; the Directorate of Family and Morale, Welfare and Recreation; the Directorate of Public Works; and Island Palms Communities to respond to queries and recommendations.

The USAG-HI Public Affairs Office received more than 85 initial questions, and more than 690 follow-ups were posted during the town hall.

The evening’s most interactive posts focused

“Safety of Soldiers, family members and civilians is one of garrison’s and Installation Management Command’s core missions.”

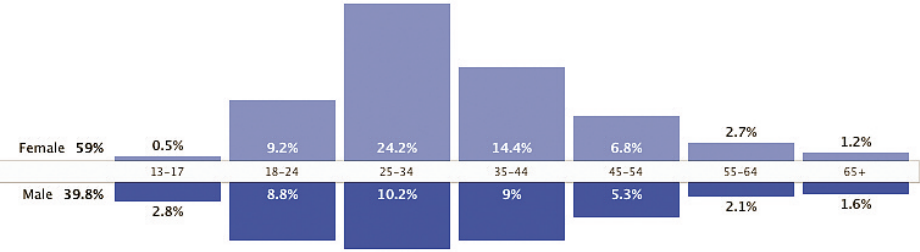
— **Command Sgt. Maj. Philip Brunwald**
USAG-HI senior enlisted leader

on safety. Issues concerned children, speeding, parking lots and pedestrian crossings.

“Safety of Soldiers, family members and civilians is one of garrison’s and Installation Management Command’s core missions,” said Command Sgt. Maj. Philip Brunwald, garrison’s senior enlisted leader. “We take these concerns very seriously, as the garrison wants to promote and raise awareness for a safe working and living environment here in Hawaii.”

Brunwald said violations of child safety, like children left unsupervised under the age of 10, should be reported to the Military Police at 655-7114 or 438-7114.

Another reoccurring topic during the evening was pets: policies, hunting, breed bans and fer-



The above graph shows the gender and age demographics of people who interacted on the USAG-HI Facebook page (www.facebook.com/usaghawaii) during the week of the USAG-HI Facebook Town Hall. Participation includes posting questions, responding to posts, sharing information and “likes.”

al animals. Deputy Garrison Commander Jim Duttweiler said, pet policies can be found at www.garrison.hawaii.army.mil/command/documents.htm, along with all other post policies, including the policies on “Discipline, Law and Order (Section F),” “Pet Policy for Privatized Housing,” “Pit Bulls Prohibited on Army Installations on Oahu” and “Army Installation Microchip Program.”

Stay Connected

Service and family members can stay informed about events and changes on post at www.facebook.com/usaghawaii and www.twitter.com/usaghawaii.
To address a private concern, visit the In-

teractive Customer Evaluation, or ICE website, at <http://ice.disa.mil>.
The military-civilian community can also email askthecommander.usaghi@us.army.mil.

September spouses luncheon features horse racing theme

‘Hui’ online registration deadline set for Sept. 14

HUI O NA WAHINE
News Release

SCHOFIELD BARRACKS — The Hui O Na Wahine all-ranks Army spouses club is looking forward to dressing up for its derby-themed luncheon at the Nehelani, Thursday, Sept. 20.

All military spouses are invited to join the Hui for a day at the races.

Spouses are encouraged to deck out for the derby and participate in the club’s “design a derby hat” contest and to cheer on their favorite horse during the main event.

Prizes will be awarded for first, second and third place hats.

“We are excited to host an exciting and in-

teractive luncheon where new and old members can work together to have fun and learn more about our organization,” said Margaret Trimble, 2nd vice president, Hui O Na Wahine. “We wanted to embrace the fun and interactive spirit of the derby.”

Racers take your mark because Hui Trivia is what you will need to know to win the main derby event. Tables of participants will be asked trivia questions, and then correct answers will be used to move each tables’ “race horse” around the room. The table or tables that answer the most questions correctly will win prizes.

The event will open at 10:30 a.m. for shopping, with a buffet lunch provided from 11 a.m.-1 p.m. The event costs \$20 and covers a delicious lunch provided by the Nehelani.

Participants will also have time to shop with

vendors and socialize with other spouses. Community vendors will include Tastefully Simple, Thirty One Gifts, Creative Memories, Stampin’ Up and Silpada.

For September, the club will provide a donation basket to the Hawaiian Humane Society to support our local pets. Members are asked to donate from the list of following items:

- bath towels;
- rugs (2x3 feet, non-skid);
- new cat and dog treats;
- cat toys (no strings);
- grooming brushes/combs;
- nail clippers;
- Kong toys (all sizes);
- puppy pads,
- paper towel rolls; and
- Easy Walker dog harness (all sizes).

Donating members, in return for their con-

tributions, will receive free opportunity tickets to win prizes donated from participating community vendors.

Hui Na Wahine Registration

Reservations must be placed by Sept. 14 to huireservations@gmail.com. Spouses must be 2012-2013 members of the Hui to attend the luncheon. Applications are available online, and an annual \$25 membership fee will be accepted at the event.

Monthly Luncheons

Luncheons are held monthly and range in themes. For more information, visit:

- huionawahine@gmail.com;
- www.schofieldspousesclub.com.

Scholar: Hoe’s legacy still inspires

CONTINUED FROM B-1

ming, cross-country and Tae Kwon Do. She also serves as a community volunteer worker and church choir member.

“Juvie is a natural leader whom we will look to in the future for great things,” said Allen Hoe, 1st Lt. Hoe’s father. “We know that Nainoa is especially proud of this young lady who will continue his legacy.”

Participating in the scholarship award ceremony was Maj. Gen. Joseph Chaves, deputy commander, Army National Guard, U.S. Army-Pacific, who presented Varela with a USARPAC Commanding General’s Coin, and Col. Thomas Mackey, commander of the 2nd Stryker Brigade Combat Team at Schofield Barracks, who had served as Hoe’s brigade executive officer in Iraq, as well as his battalion executive officer at Fort Lewis, prior to their deployment.

Brian LaViolette Scholarship Foundation

The Foundation recognizes academic achievement, leadership and community involvement —personal qualities of its namesake.

It was created in 1992, in the name of Brian LaViolette, who lived his life with many inspirational thoughts in mind, including the phrase “The Journey is the Reward.”

1st Lt. Nainoa Hoe Scholarship

View more photos on Flickr at www.flickr.com/usaghawaii.

Survey: Returning cards is essential

CONTINUED FROM B-1

erally connected students.

Impact aid is intended to partially compensate the Hawaii DOE for the families of federally connected students who typically pay less in taxes, into the school district, than local residents who generally pay higher taxes, generally in the form of property taxes.

Additionally, people who work on federal property, in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at the Exchange which does not charge sales tax. Therefore, Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

Impact aid is used in the areas that the DOE needs it most, as determined by the locally elected school board. These funds can be used for teacher salaries, school programs, materials, equipment and supplies.

Hawaii’s public schools rely on federal impact aid as a significant part of the education budget. By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support.

Parents are encouraged to fill out and return surveys to schools promptly. Non-response can result in the loss of millions of dollars in federal funds that benefit both our military and local communities.

Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

(Editor’s Note: Keone is director, school support services at SLO.)

Immunity comes with fruits and veggies

ROBYN BROWN
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — With the approaching fall season, changing weather and shorter days can take a toll on our immune system.

Research shows that one way to stay strong is to continue to enjoy plenty of fresh fruits and vegetables.

September is “National Fruits and Veggies; More Matters” month, a great time to make the transition from summer’s fresh peaches and blueberries to delicious pears, plums and grapes of the fall season.

Orange fruits and vegetables are a particularly tasty way to boost the immune system all year long. Delicious fall favorites include sweet potatoes, butternut squash or pumpkin. Orange foods contain the antioxidants beta-carotene, a precursor to vitamin A, as well as vitamin E. These vitamins work alongside vitamin C to improve the immune system’s ability to protect against viral infections and to fight off colds and flu.

The U.S. Centers for Disease Control and Prevention recommends eating a variety of colorful fruits and veggies, every day, in order to promote good health. The CDC says that almost everyone could benefit from including more of these tasty choices in every meal.

A general guideline is to aim for five servings of fruits and vegetables, per day, and most people should increase the amount they eat every day.

Plenty of simple and fun ways add a colorful variety of fruits and veggies to your meals and snacks. All forms of fruits and veggies matter; use fresh, frozen, canned, dried and 100-percent fruit juice.

Here are some more tips to increase daily fruit and vegetable intake:

Make fruits and vegetables visible. Keep



a colorful fruit bowl visible on the kitchen counter, dining table or desk at work. Fresh produce can also be kept within easy reach in the refrigerator and portioned into small servings for a quick and easy snack.

Double up the veggies. When making stir fry or pasta, it is easy to double the usual portions of vegetables, like broccoli or bell peppers, and maintain the taste of the dish. When serving vegetables as a side dish, add an extra helping, so at least half of the plate is filled with fruit and veggies.

Add fruits to everything. Many daily treats can give your immune system a boost by topping them with fruit. Add bananas to breakfast cereal, pancakes or toast. Top an afternoon snack of yogurt with cranberries. Enjoy snacks of fruits like oranges, pears or apples anytime.

Try something new. Even the tastiest, healthful meals can eventually lose their ap-

More Healthy Eating Ideas

For more ideas on adding fruits and veggies to your meals, visit these websites:

- www.fruitsandveggiesmorematters.org/;
- www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html.

peal. Keep healthy eating interesting by regularly adding new variety.

Try new recipes for colorful side dishes. Browse the produce aisle or farmers market for a new fruit for afternoon snacks.

Each season provides an opportunity to try something new and delicious.

Fall Fruit Salad

Try the following fruit salad for a great way to strengthen your immune system this fall.

- 1 mango, peeled and cut into cubes
- 1 medium banana, sliced
- 1 cup pineapple chunks, fresh or canned
- 1 orange, sectioned
- 2 passion fruits

Combine first four ingredients in a bowl and stir gently to mix. Cover and refrigerate for about an hour to allow flavors to blend.

Spoon fruit salad into dessert bowls. Cut each passion fruit in half and serve one half with each bowl.

Scoop the passion fruit out of the skin, and use it as a dressing for the fruit salad.

Prostate Cancer remains the quiet epidemic

STEVE DAVIDSON
Hawaii Prostate Cancer Coalition

It is well known that breast cancer is a horrible disease; in 2011, alone, the U.S. had about 290,000 new cases and nearly 40,000 deaths.

Yet, how many think of prostate cancer in the same way? After all, in 2012, it is estimated there will be almost as many diagnosed with the disease (about 241,000 cases and around 28,000 men will die).

A spokesperson for the Prostate Cancer Foundation said, in 2010, “Prostate cancer is to men what breast cancer is to women.”

According to a 2007 Bloomberg “Business Week” article, there are “... ‘glaring disparities’ in awareness, funding, media coverage, and research between prostate and breast cancer, even though prostate cancer is the second-deadliest cancer in men.”

Unfortunately, by the time a man experiences the symptoms of prostate cancer, any hope for a cure is often gone. At that point, he

fights a holding action, trying to extend life as long as possible.

The U.S. Congress has, once again, designated September as National Prostate Cancer Awareness Month. In Hawaii, for the first time, a real effort is being made to bring attention to this terrible disease. The state is observing the following events:

Light Honolulu Hale Blue. Honolulu

Hale will be lit blue — the color representing prostate cancer — from Sept. 1-30.

Fly State Capitol Banner. A banner will be displayed on the State Capitol grounds from Sept. 8-15, urging men to speak with their physicians about prostate cancer.

Listen to “The Body Show.” The Sept. 10 edition of this Hawaii Public Radio program will be devoted to prostate cancer.

9th MSC hosts Olympian, Olympic Day gathering

Story and photo by
MAJ. GABRIELLA MCKINNEY
94th Army Air and Missile Defense Command
Public Affairs

FORT SHAFTER FLATS — Inspired by the 2012 London Olympic Games, the U.S. Army Reserve's 9th Mission Support Command hosted its first Olympic Day, here, at the Army Reserve Center, Aug. 25.

The 9th MSC became the first military-affiliated organization in the Pacific to host an official U.S. Olympic Day event.

The festivities began with a 5K run and ended with guest speaker Kevin Asano, 1988 Olympic silver medalist in Judo, speaking to participants on how the sport of judo has empowered him throughout his life.

During his speech, Asano shared his three keys to success: Seek out to discover your dreams, step out and pursue your dreams and stick to it and don't give up on your dreams.

Asano also thanked Soldiers for their service and stated that service members are the true heroes in this country.

"The event was a great way to celebrate the accomplishments of our USA Olympic athletes, while at the same time promoting physical fitness and family fun," said Col. Eddie Rosado, commander, U.S. Army Reserve Theater Support Group.

Rosado was impressed with the efforts of the younger runners and those pushing the strollers who were determined to finish the race in "Army Strong" style.

The day concluded with catered food, music and round-robin style activities for families to enjoy. Activities included a live band, DJ, bounce houses, Wii and Xbox sporting games, face painting and shaved ice.

Olympic Day is celebrated all around the world by hundreds of thousands of people, young and old, who get moving and participate

in sporting and cultural activities, such as runs, exhibitions, music and educational seminars.

"The idea that this was the very first Olympic Day event in the Pacific speaks volumes for the command," said Travis Mckinney, Army Reserve Child, Youth and School Services youth services specialist. "We will take from this experience and build upon it for next year's Olympic day event to make it even greater."

During the last two decades, the event has helped to spread Olympic ideals to every corner of the world.

Right — Kevin Asano, 1988 U.S. Olympic silver medalist, speaks to participants on how the sport of judo has empowered him throughout his life and childhood during the 9th MSC's inaugural Olympic Day event, Aug. 25.



Reducing Army sports injuries receives USAPHC attention

Prevention strategies are identified to reduce risks

U.S. ARMY PUBLIC HEALTH COMMAND
News Release

Injuries are the biggest health problem in the U.S. Army, and they are the leading cause of non-battle injuries and medical evacuations.

About 60 percent of Soldiers are injured each year, resulting in a little over 1 million medical visits, annually, due to musculoskeletal injuries.

Roughly half of Soldiers experiencing an injury are injured due to participation in sports, exercises and recreational activities.

The Statistics

As an indicator of the impact of these injuries on Soldiers and unit readiness, 72 percent of Soldiers with an injury have two or more days of limited duty, and nearly 40 percent have 15 or more days of limited duty.

Running alone causes about 50 percent of all sports and activity-related injuries. A review of non-running related sports injuries details the most common injuries come from basketball (15 percent), weight training (13 percent), football (10 percent), martial arts (9 percent) and

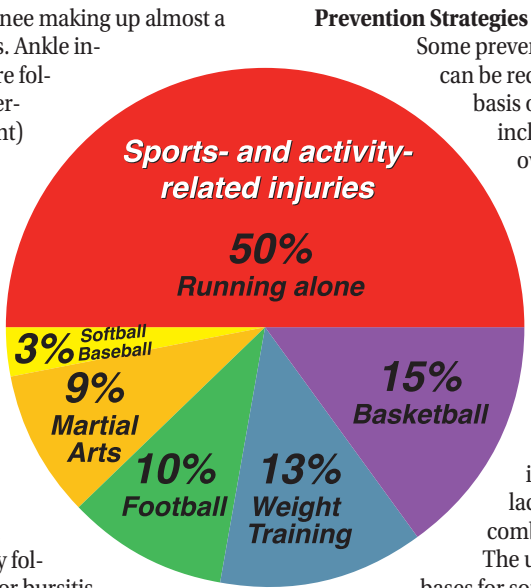
softball/baseball (3 percent).

The body region most frequently injured in sports and recreational activities is the lower extremity, with the knee making up almost a quarter of all injuries. Ankle injuries (18 percent) are followed by back (12 percent), foot (10 percent) and shoulder injuries (9 percent) as the most commonly sustained.

The most typical type of sports injury is a sprained joint, with ankle sprains being the most frequent. Strained muscles, particularly in the back, are the second most common injury followed by tendonitis or bursitis of the knee, and dislocation of the shoulder.

Although fractures and concussions make up only 10 percent and 1 percent of sports injuries, respectively, they tend to require more

days of limited duty and longer rehabilitation than other injuries.



dynamic warm-up exercises, instead of stationary stretching.

When Soldiers suffer serious injuries, such as concussions, fractures or dislocated joints, they should seek medical treatment and inform unit leadership. Other injuries, such as sprains, strains, abrasions or bruises can be treated with rest, ice, compression and elevation, or RICE.

Give the injury time to heal (which could take several days or weeks, depending on the severity of the injury). Use ice (20 minutes on, 20 minutes off for four to six hours) to reduce swelling of the affected area and decrease the pain. Compression bandages will help stabilize the joint, and elevating the affected area will help reduce swelling.

If pain and swelling persist, seek medical treatment.

Sports- and activity-related injuries are a major contributor to the Army injury problem. Implementing the above recommendations and suggested strategies should reduce your risk of being injured and will allow a quicker recovery.

The best option is to prevent injuries before they occur. Apply what you know and use common sense, so you don't get sidelined by a sports injury.